

Mott Community Center

12111 Braddock Road Fairfax VA 22030 703-278-8605, TTY 711

Directors Devin Thornton
Assistant Director Carmen Gibson
Assistant Director Lauren Krebs
Assistant Director Louis Mastria
Computer Clubhouse Manager Mr. Alvaro Luna



www.fairfaxcounty.gov/ncs

Operating Hours
 Monday - Saturday 9 a.m. - 9 p.m.

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

May 2016

| Programs | | | |
|-------------------------------|--------------------------|-------------------------|---|
| Program | When | Time | Description |
| After School | Monday - Friday | 3 - 7 p.m. | After school program includes mentoring and team building activities. |
| Teen Center | Monday - Friday | 3 - 9 p.m. | Fun and engaging activities for teens. |
| Braddock Road Seniors | Wednesday | 11:30 - 2 p.m. | Activities and trips for Seniors club (with monthly dues). |
| Senior Program | Friday | 11:30 a.m. - 1 p.m. | Free Bingo with prizes for seniors 55+, Bi-Weekly, call ahead confirm schedule. |
| Classes | | | |
| Class | When | Time | Description |
| Karate | Saturdays | 10:30 a.m. - 12:30 p.m. | Students will learn proper techniques and fundamentals of karate and self defense. |
| Karate | Mondays & Wednesdays | 6 - 7:30 p.m. | Students will learn proper techniques and fundamentals of karate and self defense. |
| Jazzercise | Saturdays | 9 - 10 a.m. | Adult class includes cardio workout and pleasant social experience. |
| Jazzercise | Tuesdays & Thursdays | 6:30 - 7:30 p.m. | Adults class includes cardio workout and pleasant social experience. |
| Jazzercise | Mon, Tues, Wed, Fri | 9:45 - 10:45 a.m. | Adults class; cardio workout/pleasant social experience. Morning classes free to Seniors 50+. Registration Required. |
| Senior Line Dancing | Thursdays | 9 a.m. - 2 p.m. | Senior line dance: Session starts April 28 , Registration Required. |
| Senior Line Dancing | Wednesdays | 11 a.m. - 1 p.m. | Senior line dance: Drop In Class |
| Open Gym Night | Fridays, May 13 & 27 | 6:30 - 9 p.m. | Open gym for teen and adult community members (please call ahead, rental may be scheduled) . |
| Aldo Dance | Fridays, May 6 & 20 | 6:30 - 8:30 p.m. | Exciting Peruvian dance group that meets on Fridays. |
| Senior Yoga | Mondays | 11 a.m. - noon | Traditional Yoga class with the option of chair modifications for seniors. Free to seniors 50+. Registration Required. |
| Senior Walking Club | Mondays | Noon - 1 p.m. | Group will walk laps at a moderate pace around the gym, or track behind Mott. Free to seniors 50+. Registration Required. |
| Silver Surfers (Beginner) | Mondays | 10 - 11:30 a.m. | Introduction to computer use and other devices for seniors. Begins April 25, duration 8 weeks. Registration Required. |
| Silver Surfers (Intermediate) | Tuesdays | 12:15 - 1:15 p.m. | Intermediate computer instruction for seniors. Begins April 26, duration 8 weeks. Registration Required. |
| Senior Acrylic Art Class | Tuesdays | 10 a.m. - Noon | Topics: Fundamentals of drawing to completing acrylic paintings. Begins April 26, duration 8 weeks. Registration Required. |
| Senior Healthy Cooking Class | Thursdays | Noon - 1 p.m. | Easy cooking demos along with discussions about nutrition and wellness for seniors. Free to seniors 50+. Registration Required. |
| Zumba | Thursdays | 7:45 - 8:45 p.m. | An intense cardio dance class to rhythmic Latin music; open to teens and adults. |
| Special Events/Trips | | | |
| Community Day | Saturday, May 21 | 10 a.m. - 2 p.m. | Come out for a day of fun with the family; There will be food, moonbounces, demos, and community resources available. |
| Community Meetings | | | |
| Meeting | When | Time | Description |
| Mott Center Leadership Team | 4th Tuesday of the Month | 6:30 - 8 p.m. | The Mott Community Center Leadership Team meets once a month |